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September Wellness Tips

Nutrition Tip

Seal the deal. When buying yogurt, look for the “Live & Active” seal from the National Yogurt Association. The presence of the seal ensures the product contains at least a certain level of the key beneficial bacteria-the primary reason yogurt is called yogurt.

Fitness Tip

Stretch as you dress. Sit on your bed or chair and pull your bent leg close to you to put on your socks, then extend your leg fully before putting your foot on the floor. Before you put your shirt on, hold it as high as you can in the air over your head.

Health Tip

Organic farming. The best reason to buy organic: It is better for the environment. Organic farming produces less pollution of land, water, and air and does not erode and deplete the soil like conventional farming.

INSIDE THIS ISSUE

- 1 September Wellness Tips
- 1 Exercise-It's Never Too Late to Start
- 2 Understanding Prostate Cancer
- 2 Go Fish: the Heart-Healthy Benefits of Omega-3s
- 3 “Step Out” to Fight Diabetes
- 4 Back to School Pains

Exercise-It's Never Too Late To Start

You know there are benefits to exercise programs. But if you've been inactive for a while, you may have also felt them-with sore muscles and bruised motivation to continue. Here's how to get back into a healthy routine-and avoid having those walks around the block make your body feel as if it just tackled a triathlon.

Get a Checkup before a workout

A visit to your doctor is wise for anyone beginning an exercise program, but it's crucial for those who have been inactive because of health problems. In addition to checking your heart and lungs, your doctor can help you create an exercise program that takes your medical conditions, and the drugs you take for them, into consideration.

Start slow

Once you get the green light, the key to avoiding fatigue and muscle pain is to pull out of the gate very slowly. Initially, you should actually plan to exercise below your comfort level.

Go more often

Start by trying to do some activity for a few minutes several times a day. Then slowly increase your time. Ideally, you want to be aerobic enough so you can utter a few words or syllables in each sentence, but not so little that you're speaking in complete sentences or so much that you can barely talk.

Don't go solo

Although there is no evidence that people are fitter when they exercise with others, you will be more likely to stick to an exercise program, like anything else, with the buddy system. In addition, organized exercise programs often include professional guidance, which will be especially useful for you if you have a condition like obesity, diabetes or arthritis.

Do what you enjoy

If you pick an activity you like, you're more likely to continue it. It could be gardening, swimming, tennis, or the old favorite, walking.

Source: WebMD

Understanding Prostate Cancer

Prostate cancer is second only to lung cancer as a cause of cancer-related death in men. Understanding prostate cancer can help you to know the questions to ask your doctor and could even help save your life.

What Is Prostate Cancer?

The prostate is a gland that only men have. Located in front of the rectum and under the bladder, it surrounds the upper part of the urethra, the tube that carries urine out of the body.

A man will likely experience no symptoms in the early stages of prostate cancer. Many prostate cancers spread beyond the prostate by the time symptoms are noticeable. These symptoms may be a sign of other conditions and may not mean that you have prostate cancer.

However, be sure to see your doctor if you experience any of the following:

- Any block in your normal flow of urine or painful urination
- Frequent and urgent need to urinate
- Blood in the urine or semen
- Impotence
- Pain in the pelvis, hips, lower back or upper thighs

Can Prostate Cancer Be Prevented?

Researchers are unsure of what causes prostate cancer; therefore, they are also unsure of how and whether it can be prevented. Risk factors may include the following:

- Age
- Nationality
- Race
- Family history

Who Should Have a Prostate Cancer Screening?

If you and your doctor decide that you should be screened for prostate cancer, you may have one or more of the following tests:

- Prostate-specific antigen (PSA) blood test measures a protein that is made by prostate cells.
- Digital rectal exam (DRE) checks for any abnormally firm area in the rectum that may be cancer.
- Transrectal ultrasound (TRUS) uses sound waves released from a small probe placed in the rectum to create an image of the prostate on a video screen.

If your PSA test or DRE suggests an abnormality, a TRUS can help your doctor decide whether you should have a biopsy. These tests may find prostate cancer early, before it spreads. Ask your doctor whether you should have any of these tests.

Source: CIGNA HealthCare Well Being

Go Fish: The Heart-Healthy Benefits of Omega-3s

Cutting The Fat from Your Diet? Not so fast.

Although many diets encourage people to limit their fat intake, omega-3 fatty acids are one kind of fat that deserves a place on your plate.

Not All Fat is Created Equal

Omega-3 fatty acids are a particularly potent type of polyunsaturated fat, which can help lower your cholesterol and help reduce your risk for heart disease. Omega-3s also lower blood pressure and triglycerides (a type of fat in the blood).

Good Fat

Because certain kinds of fish are high in omega-3s, the American Heart Association recommends eating at least two servings of fish per week. Cold water fish are the best choice because they have more omega-3s than other fish. You can get your share from salmon, mackerel, tuna, halibut, lake trout, sardines and others. Plant sources such as soybeans, walnuts and canola oil also have omega-3s. The fatty acids found in plants are less potent but are still a good choice for your heart.

Did You Know?

The American Heart Association has an idea for your next meal: have a helping of heart-friendly antioxidants. A study published in *Circulation: Journal of the American Heart Association* suggests that eating antioxidant-rich foods such as fruits, vegetables and whole grains may help lower your risk for heart disease. So when planning your meals, think about adding some of these colorful foods to the menu!

Source: <http://www.americanheart.org>

Mayor's Monthly Green Tip

Americans are air conditioning addicts. When the weather gets the best of us, we turn our homes and offices into cool and breezy retreats from the sweltering heat. But the cold air comes at a cost. During summer months, half of all energy consumed in the U.S. goes to powering air conditioners, and each year power plants emit 100 million tons of carbon dioxide to meet our AC addiction. Maybe we're too cool for our own good.

As the weather simmers down this fall, adjust the AC relative to the temperature outside--try a setting 10 degrees cooler than the day's high temperature. You'll save 3 percent on energy costs for every degree raised over 72 degrees. Or raise the temperature setting even more and turn on a fan. And be sure to draw the blinds and curtains during the sunniest and warmest times of day.

Source: <http://www.thegreenguide.com/tow>

Vegetable of the Month: Chili Peppers



Hot peppers (chilies) are often used to spice up dishes, and they are especially popular in ethnic cuisine including Mexican, Indian, Thai, Vietnamese, Arab and Spanish cooking. Chilies are an excellent source of vitamin C if you can withstand their powerful bite.

Contrary to popular belief, the hottest part of the chili pepper is not the seeds but where the seed attaches to the white membrane inside the pepper. This area has the highest concentration of capsaicinoids. Capsaicinoids are flavorless, odorless substances that act on pain receptors in the mouth and throat. Capsaicin is the primary capsaicinoid. Capsaicinoids can be found throughout the flesh of chili peppers though their concentration varies in different areas so that one part of a pepper may be hot and another part of the same pepper quite mild.

There are several varieties of chili peppers and each differs in flavor and heat intensity. Even within each variety, there may be differences in how 'hot' each particular chili is. Typically, larger chilies are more mild because they contain less seeds and white membrane in proportion to their size. Most varieties can be found dried, canned, or fresh.

Recipe: Cherry Pepper Salad

Makes 4 servings

Each serving equals 1 1/2 cups fruit or vegetables

Ingredients

1 1/4 cup fresh sweet cherries, pitted
1 cup each thinly sliced sweet yellow and green peppers
1/4 cup thinly sliced mild chili pepper
2 Tbsp finely chopped onion
2 Tbsp white wine vinegar
1/2 Tbsp olive oil
2 tsp sugar
salt and pepper to taste
1 Tbsp pickled ginger strips, optional
4 cups mixed greens

Toss together all ingredients except greens; refrigerate 1 hour or longer. Serve on mixed greens.

Nutritional analysis per serving: Calories 80, Protein 2g, Fat 2g, Calories From Fat 23%, Cholesterol 0mg, Carbohydrates 15g, Fiber 3g, Sodium 100mg.

Source: <http://www.fruitsandveggiesmatter.gov/month/cactus.html>

“STEP OUT” TO FIGHT DIABETES

According to new statistics released by the Center for Disease Control (CDC), nearly 23.6 million children and adults in the United States - nearly 8 percent of the population - have diabetes. This is an increase of more than three million people with diabetes in two years. Here in New Mexico more than 6 % of the adult population is impacted by diabetes.

In addition to lifestyle factors such as being overweight and not exercising, heredity may play a role in developing pre-diabetes and diabetes. Furthermore, the usual warning signs associated with diabetes may not be present during the early stages of the disease, often making it harder to detect. Consumers should look out for the following symptoms, according to the American Diabetes Association (ADA):

- Intense, unusual thirst
- Frequent urination
- Irritability
- Exhaustion
- Blurry vision
- Excessive hunger or cravings

Your health plans, Presbyterian Health Services and CIGNA HealthCare, are dedicated to educating patients about diabetes. The CIGNA Well-Aware and the Presbyterian Healthy Advantage programs were developed using nationally recognized resources, such as the American Diabetes Association and the Centers for Disease Control. The best way to access the services offered by either the CIGNA Well-Aware or the Presbyterian Healthy Advantage program is to go online and take your Health Risk Assessment (HRA).

For CIGNA HealthCare Members:

- Go to www.myCIGNA.com
- Click on “REGISTER” or “Member Log In” (if already registered)
- Select “I Want to... Take my health assessment”
- Register for my health & wellness center
- Complete the questionnaire

For Presbyterian Health Plan Members:

- Go to www.Phs.org
- Click on “register Now” in the Pres Online Login area
- Click on “MyPresOnline” (Members)
- Scroll down to “Healthy Advantage”
- Under Healthy Advantage click on “Health Risk Assessment”, and Complete questionnaire

Source :www.cdc.gov & www.diabetes.org

CALENDAR OF EVENTS

SPECIAL EVENT

DATE: 9/4/08

TIME: 12:10 PM – 12:50 PM

PLACE: VINCENT E. GRIEGO COUNCIL CHAMBERS

LUNCH TIME WELLNESS SEMINAR:

"THE FACTS ON CHOLESTEROL"

SPEAKER: DR. SUSAN FORD

SPECIAL EVENT

HOW TO TAKE CONTROL OF YOUR MENTAL HEALTH

A TELEPHONE WELLNESS SEMINAR: FREE TO ALL EMPLOYEES

DATE: 9/10/08

TIME: 12:00 PM – 1:00 PM

PRE-REGISTER ONLINE AT:

[HTTP://WWW4.PRECONF.COM/WEBRSVP](http://www4.premconf.com/webbrsvp) CONFIRMATION
CODE: 4274835

SPECIAL EVENT

DATE: 9/18/08

TIME: 12:10 PM – 12:50 PM

PLACE: VINCENT E. GRIEGO COUNCIL CHAMBERS

LUNCH TIME WELLNESS SEMINAR:

"KEEPING THE MOTIVATION TO STAY FIT"

SPEAKER: MAC ROBERTSON

Emergency Care VS. Urgent Care

Emergency Care: Whenever there's a serious accident or sudden illness, and symptoms are severe and they occur unexpectedly, seek medical help immediately. Examples of emergency situations can include:

- Uncontrolled bleeding
- Seizure or loss of consciousness
- Shortness of breath
- Chest pain or squeezing sensation in the chest
- Suspected overdose of medication or poisoning
- Sudden paralysis or slurred speech
- Severe burns
- Severe pain

Urgent care: this is when you require medical attention, but it isn't an emergency. Some examples include:

- Severe sore throat
- Sprains and strains
- Ear or eye infection
- Fever

Remember, going to the emergency room for issues that are less serious can slow down the emergency room's ability to help people with more serious illnesses or injuries. It can also mean unnecessary out of pocket costs to you.

Source: CIGNA HealthCare Well Being

**Topics you would like us to discuss in
City WellNews?**

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